

**THINK,
PLAN,
DO!**

Repeat



**A GUIDE TO PREPARING FOR
EMERGENCIES AND DISASTER
VERSION 3**

**DEVELOPED & PUBLISHED BY JEFFERSON COUNTY
DEPARTMENT OF EMERGENCY MANAGEMENT**

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**MAKE A PLAN!
REMEMBER—WHEN
DISASTER STRIKES,
THE TIME TO PREPARE
HAS PASSED.**

STEVEN CYROS

Jefferson County Emergency Management

The Jefferson County Emergency Operations Center (EOC)

The EOC is activated at levels appropriate to the needs of the community and responds with resources requested from partner agencies.

When activated, the EOC is staffed with volunteers and professionals trained to implement the Incident Command System.

The City Command Center is activated for response agencies based within the city's boundaries. Operations are overseen via telecommunications from the EOC.

The Functions of the EOC Team

■ Inform, Collect & Evaluate

Establish & sustain an information management system in the EOC that provides for the collection, processing, tracking, display and retention of operational information.

■ Strategic Planning

Coordinate global strategic planning to guide and measure progress toward overall emergency response & recovery goals and objectives.

■ Develop & Maintain Common Operational Picture

Assemble, codify and display the status of infrastructure, assessment of public and private damage and overall impact of emergency conditions.

■ Inter-agency Coordination

Serve as the hub of multi-agency and multi-jurisdictional coordination and collaboration.

■ Prioritize Incidents

Prioritize scarce resources according to the strategic plan.

■ Manage Resources

Provide general material support to the emergency response and recovery agencies; acquisition, staging, delivery and tracking of essential resources.

■ Public Information Dissemination

Maintain the emergency public information network that provides the public with updated information.

■ Coordinate State & Federal Relief

Act as the principal point of contact for state assistance and federal disaster relief.

Acknowledgements

Jefferson County Emergency Management wishes to recognize the extraordinary work of the Neighborhood Preparedness (NPREP) group leaders who have worked energetically and enthusiastically to educate the community about the need to prepare for the types of emergency situations that can impact area residents. Because of NPREP's efforts, Jefferson County neighbors can rely on one another to stay safe in times of local emergencies.

A special thanks to Keppie Keplinger and Tanda McMillin for writing the original Think, Plan, Do--Repeat and other quality public education materials. Jefferson County Emergency Management very much appreciates Elizabeth Bindschadler's contributions and Jordan Carter's help with this **Third Version of Think, Plan, Do—Repeat.**

THE IMPORTANCE OF PREPARATION

Jefferson County is particularly susceptible to hazards that could severely affect our community. Consider our location on the Olympic Peninsula which is—

- Riddled with geological fault lines that regularly generate earthquakes
- Exposed to storms that strike with great force
- Covered in vast forests that are vulnerable to wildfire
- Located at the gateway of shipping lines transporting shipments to and from some of the largest ports in North America
- Accessible by only two roadways that are vulnerable to earthquakes, landslides and blockage from various hazards and yet are essential for the transport of food, supplies and support services to our communities.

Even a pervasive power outage for an extended period of time might seriously challenge the average household. Preparing our families in advance of an emergency or natural disaster is a sensible thing to do.

IN THE EVENT OF A WIDESPREAD CATASTROPHIC EVENT SUCH AS A LARGE EARTHQUAKE, FEDERAL AID WILL TAKE SOME TIME TO RESPOND TO OUR AREA. . .

This handbook contains information to help you, your family and your immediate neighborhood prepare for an emergency—one in which you may have to be self-sufficient for a significant period of time. In the event of a widespread catastrophic event, such as a large earthquake, federal aid will take some time to respond to our area due to the high density populations located nearby that would also be affected.

Know the emergency plans at your children's schools, at your place of work and in your neighborhood. Remember to also plan for vulnerable friends and neighbors who are medically fragile or otherwise vulnerable. Don't forget about your pets!

Involve all family members in your preparedness planning. Practice the procedures suggested in this handbook to ensure you can act appropriately should an emergency occur. Collect a few items and make the recommended preparations and you may make a dangerous situation much safer for you and your loved ones.

In this handbook, you will find basic information about:

- Individual and household preparedness to shelter-in-place
- Recommended food and water supplies
- Evacuation, Grab & Go Kits, local resources
- Neighborhood Preparedness
- Disaster-specific preparedness
- Boat & water safety, and more

WHERE TO START

A Reunification Plan

- Determine a plan that will allow you to reconnect with your family members immediately following a disaster whether they are next door or out-of-state.
- Develop a family reunification plan. Decide on safe, familiar places where your family can go for protection or to reunite that are accessible for household members with disabilities. If you have pets, think about animal-friendly locations.
- Establish an Out-of-Area contact and make certain all family members know how to contact that person. (See page 11 for Out-of-Area Contact cards)
- Know your plan well enough to do it without phone services.

Identify the following places:

- **Inside:** Make sure everyone in the family knows where in your home to go for protection from high winds or air-quality hazard. Suggestions: a small, interior, windowless room, such as a closet or bathroom, on the lowest level of a sturdy building.
- **In your neighborhood:** This is a place in your neighborhood where your household members will meet if there is a fire or other emergency and you need to leave your home. Suggestions: a big tree, a mailbox at the end of the driveway, a neighbor's house.
- **Outside of your neighborhood:** This is a place where your family will meet if a disaster happens when you're not at home and you can't get back to your home. Suggestions: a library, community center, house of worship, family friend's home.
- **Outside of your town or city:** Having an out-of-town meeting place can help you reunite if a disaster happens and you cannot get home or to your out-of-neighborhood meeting place; or if your family is not together and your community is instructed to evacuate the area.
- **Suggestions:** The home of a relative or family friend. Make sure everyone knows the address of the meeting place and discuss ways you would get there.

You've just crawled out from under a table after an earthquake. The items in your office or home are in disarray.

It could take several days or even weeks for help to arrive if the emergency is widespread.

NOW WHAT?

- Can you contact all family members who are in other locations?
- Do you have a supply of non-perishable food?
- Do you have extra water set aside?
- Do you know where your extra blankets or sleeping bags are?
- Got batteries?

The aforementioned items might not be all you will need to see you through an emergency situation. **THINK** about it. What will you and your family need to maintain some semblance of comfort until the situation dissipates?

If you are looking for a good dinner table conversation topic, talk with your family and develop a **PLAN** that works for all family members in adverse situations.

NOW...DO one of these things!

- Decide on family meeting places considering different types of emergencies. (Page 2)
- Set aside some water. (Page 5)
- Choose an out-of-the-area contact person. (Page 10)
- Locate extra blankets or sleeping bags
- Put together a Grab & Go Bag. (Page 14)
- Purchase a NOAA Alert Radio and extra batteries

SIGN UP FOR NIXLE ALERTS

(see back cover)

**DON'T WAIT.
BEGIN TODAY!**

YOUR HOME IS YOUR BEST SHELTER

Prepare Your Home for Emergencies

- Disasters don't keep regular hours and can happen anytime day or night. Be ready to take action before, during and following a disaster with your safety as a priority.
- Staying in your home is always preferable over an emergency shelter or hotel. Start by identifying hazards in your home. Once hazards are identified, it does not take much time or effort to make your home a safer place.

Building Structure

- Roof is bolted to walls; walls bolted to the foundation
- Foundation & chimney are free of cracks & loose bricks; consider bracing the chimney to roof framing
- Gas & water lines have flexible connectors
- Crawlspace walls are reinforced with plywood

All Rooms

- Heavy pictures, mirrors & artwork are securely fastened
- Room exits are unobstructed
- Ceiling fans & hanging fixtures are secure
- Computer monitors, TVs, tall furniture, book cases & shelves are strapped down
- Heavy, breakable or sentimental objects are on low versus high shelves
- Breakable objects are secured to shelves with quake mats, Velcro TM, low shelf barriers, etc.

Kitchen & Bathroom

- Outlets near the kitchen sink and others in your home are GFI (Ground Fault Interrupt) equipped
- Kitchen cabinets are securely mounted; consider earthquake-type latches to keep doors from flying open & contents falling
- Bathroom Cleaning supplies & medicines are in "child-proofed" cabinets
- Replace Glass bottles with plastic containers

Garage/Shed

- Gasoline is kept in small quantities, in approved containers
- Paints, thinners & other flammables are in original containers away from heat, sparks or flames
- Oily rags are stored in metal containers
- Combustibles like newspaper & magazines are not stored in the attic

- Clothes washer & dryer are properly grounded & vented
- Water heater is strapped to wall studs & elevated 18" above floor & set at 120°F.
- Refrigerator & other appliances with wheels are locked or wedged to prevent rolling

UNDER-THE-BED

Suggested items:

- Flashlight/headlamp & extra batteries
- Hardhat or helmet
- Sturdy shoes & leather gloves
- A copy of the **OK/HELP** sign (see back of book) to hang in front window
- Copy of your neighborhood emergency plan

Fire Extinguisher/Smoke Detectors

- At least one all-purpose (Class A, B or C) extinguisher in the house
- Smoke detectors installed at every level, tested monthly & batteries changed annually
- Carbon monoxide detectors installed at every level, but not directly above or beside fuel-burning appliances; tested monthly & batteries changed annually.
- Heating Equipment
- Furnace is serviced annually
- Chimney is inspected & cleaned annually
- Fireplace ash is disposed of in a metal container away from combustible material.
- Fireplace inserts and gas/wood stoves comply with local codes.



SHELTER-IN-PLACE

Sheltering-in-Place has come to have two different meanings:

- It can refer to the need to gather all family members into a “Safe Room” that can be sealed off from the outside when there may be hazards in the air outside.
- The term can imply that staying in your home for a period of time after a disaster, rather than evacuating, is recommended.

In either case, gathering some items ahead of the need to prepare your family is important.

What is a Safe Room?

A safe room is a protected room in a residence or business that provides a safe shelter for the inhabitants in the event of an emergency that requires you to shelter-in-place.

If you need to create a Safe Room to protect your family from a chemical airborne agent, select one you can tightly seal—preferably one with the fewest windows.

Before going into your Safe Room turn off heating/air conditioning and close the fireplace damper.

SAFE ROOM ITEMS

Store items in a box in the designated Safe Room and replace food items & water as needed.

Suggested items:

- Plastic sheeting pre-cut to fit all windows, vents & doors
- Duct Tape
- Emergency Twin bucket toilet system (Page 9)
- First Aid Kit
- Portable Radio & batteries
- Snack foods & water
- Extra phone charger
- Towels & blankets
- Garbage bags
- Books & games

Once everyone is in the Safe Room do the following:

- Dampen towels and place against the crack under doors
- Put tape around doors
- Tape plastic over windows and air vents
- Stay in your Safe Room until authorities say it is safe to leave
- Tune radio to KPTZ FM 91.9 or KROH FM 91.1 and listen for local instructions
- Turn on your mobile phone and monitor NIXLE emergency alerts and emails for information and instructions (See back cover).
- Radio neighbors if you have an FRS (walkie-talkie) radio program in place

Convert your car into a Safe Room

If you are driving a vehicle and hear advice to “shelter- in-place” on the radio, take these steps:

- Stop in a safe place and shut off the motor
- Roll up all windows
- Turn off heating/cooling system. Close all vents.
- Breathe through a dampened cloth
- Tune radio to KPTZ FM 91.9 or KROH FM 91.1 or KIRO and listen for instructions
- Turn on your mobile phone, plug it into a charger and monitor NIXLE emergency alerts
- Turn on NOAA radio

TIPS

Items to keep in your vehicle:

Blankets
Water & non-perishable snacks
Portable NOAA radio
Handwipes
Cellphone charger
Area map

DRINKING WATER



It goes without saying water is a must-have. Ground shaking caused by earthquakes can break water lines leaving you without direct water service to your home.

The recommended amount of water to store in case of emergency is one gallon per person per day for drinking, cooking and hygiene.

Your best choice is to purchase commercially bottled water. Unopened bottled water lasts indefinitely when stored in a cool, dark place, according to the FDA.

Filling Your Own Water Bottles

ONLY use containers that previously held products intended for human consumption labeled 'food grade'.

Plastic milk jugs **ARE NOT** appropriate for water storage.



2, 4 & 5 are **SAFEST**
1 & 7 USE WITH **CAUTION**
3 & 6 **AVOID**

Check the recycle symbols on the bottom of plastic containers to determine if the container is safe for long-term water storage.

Store at least 1 gallon per person per day for 30 days. If the weather is warm, water needs may double.

Tap water or from your private well needs to be treated with plain (non-scented) chlorine bleach when contaminated. Add:

2 drops plain chlorine - 16 oz. bottle, or
8 drops plain chlorine - 2 liter bottle, or
16 drops plain chlorine - 1 gallon

NOTE: Bleach starts to degrade after six months and loses its effectiveness as a disinfectant after 1 year.

The best way to purify water for drinking is by bringing it to a full rolling boil for one minute.

Commercially bottled water is the safest & most reliable emergency water supply.

REMEMBER to store water for your pets. Each will need one quart per day, more for larger animals.

Alternate Water Supplies

Access your hot water heater supply.

- Turn water off to prevent incoming contamination.
- Turn pilot light off, turn circuit breakers off & unplug.
- Gather two containers. One can be dirty like a mop bucket. One must be clean for collecting drinking water.
- Turn a hot water faucet on in your sink, (this avoids airlock and allows tank to drain).
- Place dirty container under tank valve and drain 1 to 2 gallons to clear rust flakes or other debris.
- When flow is clear, switch to your drinking water container. Draw only what you will need for 2 hours, and then shut valve off.
- Any time after the first 2 hours purify any additional water drawn from the tank. As the water cools from hot to warm it will reach ideal conditions for bacteria growth.

If you have adequate notice, place clean liner in your bath tub and fill it with cold water. Filter and/or boil it before use.

Learn if your church or other community group has stored water.

UTILITIES & POWER

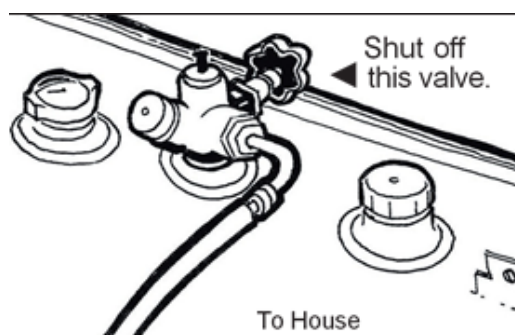
Turning Utilities Off

It is important to learn how to shut off your utilities following a disaster.

Propane Shut Off

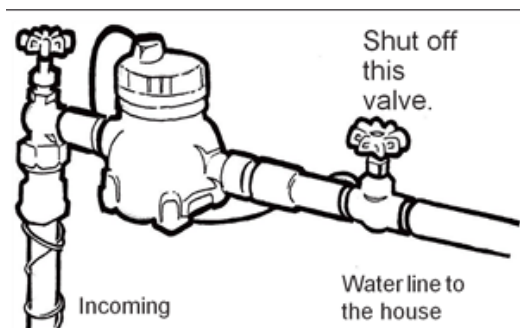
Make certain everyone in your household knows where the propane tank shut off valve is located.

Propane tanks can be jarred off their foundations and lines can be damaged in a severe earthquake. If you smell gas, immediately turn off the supply line that goes to your house.



Water Shut Off

Turn off the main water shut off valve at the house or the underground valve at the street. It may require a special tool. This will prevent contaminated water from entering your water heater and plumbing. Label the main shut off valve and make sure everyone in the house knows how to use it.



Well Water Shut Off

Shut off power at the circuit breaker or unplug electrical power to the well pump.

Regardless of water source, if the power is out, be sure to shut off the power to your hot water heater. You can do that at the main circuit breaker.

ALWAYS shut off each individual circuit before shutting off the main circuit breaker. Begin at the bottom & work toward the top turning each breaker off. To turn them back on reverse this order.

Alternate Power Sources

Depending on the outage severity, it may take hours, days, or weeks for power to come back on. Restoration may be focused on power lines that serve the largest population, hospitals, emergency service agencies, shelters, nursing homes, community wells and other essential services.

Electrical Needs and the Medically Fragile

If you, a family member, neighbor, or anyone you care for requires electricity for life-sustaining equipment:

- Register your need with your electricity provider, like PUD.
- Have an emergency generator.
- Have sufficient fresh fuel and oil to operate the generator.
- Have a plan for who will start and maintain it.
- Be prepared to call PUD and 9-1-1 if life-threatening.
- Have non-electrical back-up oxygen canisters & know your oxygen flow rate (liters/minutes).
- If you are oxygen dependent, conserve oxygen by limiting your activities or having a caregiver do the tasks.
- Have cold storage back-up for medicines that require refrigeration.

Alternate Power Sources When the Electricity Goes Out!

Alternate energy sources can be easily obtained, are very efficient and can be maintenance-free.

Disposable alkaline batteries: Try to stay with or move toward commonly available battery types and sizes, AAA, AA, C or D. Unopened, these batteries have about a 7-year shelf-life. Specialized batteries will be hard to acquire in an emergency. Consider an AA battery 'power pack' for cell phones and other electronics.

Generators: These include portable generators that are easily moved & generally provide 5,000 watts or less. (Pages 7-8)

Power inverters: An inverter converts direct current (DC) like a car battery or solar panel into alternate current (AC) voltage suited for household appliances. An automobile inverter allows phones and other electronics to be re-charged in your car.

Solar: Solar charged landscape lights can be brought into the house for lighting, and solar/AC 'power packs' are available for cell phones and other electronics.

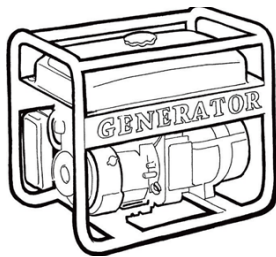
CONSERVE ALTERNATE EMERGENCY POWER

Remove batteries when not in use. Store batteries in a cool dry place. Know what you must operate in an emergency to preserve life: using an oxygen concentrator or running a refrigerator or freezer for food safety. Consider running your generator only as needed to conserve fuel.

Pre-charge critical batteries for phones, back-up battery storage cells and inverters, check the charge on a regular schedule.

BEFORE AN OUTAGE...

- Consider buying a generator and learn what size fits your needs.
- Install a generator per local building & electrical codes.
- Register life-sustaining & medical equipment with your utility company.
- Make sure you have a safe alternate heat source & supply of fuel.
- Have light sticks, flashlights, battery-powered radio with extra batteries.
- Learn how to open the garage door without power, if you have an electric garage door opener.



DURING AN OUTAGE...

- Stay away from downed power lines & sagging trees
- If your house is the only one without power, check your fuse box or circuit panel.
- If power is out in your neighborhood, turn off or unplug heat producing appliances to reduce the initial demand.
- Notify your local utility of the power outage.
- Unplug computers & other sensitive equipment to protect them from surges. Only run your computer if your generator is computer-rated for 'power quality'.
- Turn all lights off except one to alert you when power is back on.
- NEVER use gas ovens, gas ranges, barbecues or portable propane heaters indoors for heating as they use oxygen & create carbon monoxide that can cause suffocation.
- Never use candles, oil lamps or other flammable light sources.

Know Appliance Power Usage to Make Informed Decisions

A crucial step in choosing a generator is knowing what you must run in an emergency and what you can live without. Using the average wattage usages for your "must run" appliances, tally your total wattage needs to help you purchase the right generator size. Remember generators are intended only as a temporary solution during an emergency. Consult with someone knowledgeable about generators.

AVERAGE WATTAGE USAGE

Household appliance Avg. wattage
(double for appliance start-up)

Refrigerator 725

Freezer 600

Well pump (deep well) 700

Cell phone charger 5

TV (42" LED at 60w)

TV (60-inch plasma 200w)

Computer desktop (CPU & monitor) 125

Computer laptop 25

Incandescent bulbs 25 to 100 watts

LED bulbs 3 to 15 watts

CPAP Machines 30-60

High Pressure or heated CPAP 100

Oxygen Concentrators: 400

Portable Concentrators: 90

Water heater (electric) 5,000

Range 4,500

Toaster 1,100

Toaster oven 1,225

Coffee maker 1,050

Electric Skillet 1,000 to 1,500

Microwave oven 925

WHEN POWER IS RESTORED...

- Turn your generator off.
- Wait at least 15 minutes after the power comes back on before turning appliances on.
- Turn one appliance on at a time.

POWER GUZZLERS

A general rule in a disaster:

DO NOT operate appliances that heat-up like an oven, dishwasher, clothes dryer, hair dryer, coffee pot, toaster, etc.



Use Your Generator Safely

- Never use a portable generator indoors, in a garage, carport, crawl space or other enclosed or partially enclosed area, or near an open window – including the neighbor's windows.
- Never plug a portable generator into an electrical outlet in the house. This power will 'back-feed' into the utility lines and could kill a utility worker.
- Never run a generator on maximum load, it could damage appliances and overheat the generator.
- Never refuel a running generator or a 'still-hot' engine. It could ignite the fuel.
- If you plan to use a generator, also install a carbon monoxide detector. Follow the generator owner's manual instructions or contact an electrician to help you install it.
- Use heavy-duty extension cord, at least 12 gauge, outdoor rated and less than 100 feet long.
- Start the generator and let it run before plugging in your appliances.
- Power up one appliance at a time and allow it to stabilize before plugging in another. Note: An 800 watt refrigerator requires 1,600 watts at start-up.
- Store sufficient fuel and oil in safe, protected containers. When you lose power, so do most nearby gasoline stations.
- Conserve fuel by using only necessary appliances and lights. Turn generator off overnight.
- The key to long engine life is oil. During prolonged outages, change the oil according to owner's manual instructions.
- Unplug generator immediately when power comes back on.

HUMAN WASTE & GARBAGE

Earthquakes and other disasters notoriously cause damage to water, sewer and septic systems preventing our plumbed toilets from working properly.

The Solution:

Use a Twin-Bucket Emergency Toilet system for the emergency stage of the crisis. Not mixing urine and feces is a proven principle of ecological sanitation. In separating pee and poo, the twin bucket toilet reduces disease risk and odor and makes the contents of each bucket easier to handle.

- DO NOT use bags in toilets; bags can break!
- DO NOT use caustic disinfectants like bleach or lime.
- DO NOT dig pit privies or bury your human waste. It is unsanitary and against the law.
- DO NOT place baby or adult diapers, sanitary pads or pet waste in pee or poo buckets. Dispose of them in trash.

Items You Will Need:

- Plastic buckets-3.5 to 5 Gal.
- Lids & a seat to fit the buckets
- Toilet paper, soap, bottled water, disposable gloves, hand sanitizer, towels or wipes.
- Carbon material to cover poo to control moisture & odor.



Using the Twin-Bucket Toilet System

- Mark the twin buckets "pee" and "poo" (or #1 and #2, or urine and feces, or yellow and brown).
- The seat can be moved from one bucket to the other. After use, remove the seat from the bucket and cover bucket with a lid that closes well.
- Try not to mix pee and poo. The pee is the component that produces the bad smell when the two are mixed. After using the pee bucket, put the toilet paper in the poo bucket.
- After using the poo bucket, add carbon material for moisture & odor control. Carbon material includes sawdust, or finely shredded paper. If you have a septic system, skip this step and dump buckets frequently into your own septic system.
- For sewer systems, WAIT for disposal instructions from Emergency Management.

Hygiene

Hand washing is critical. Use of hand sanitizers and disposable gloves & wipes will help conserve emergency water supplies.

Household Garbage Pick-up

Garbage pick-up service or garbage transfer station drop off may be interrupted. Garbage should be collected in your regular garbage cans or curbside roller bins and WAIT for disposal instructions or notice that garbage pick-up has resumed.

COMMUNICATIONS



A moderate wind event all the way up to a catastrophic disaster can overload, disrupt, or destroy our normal communication systems. Telephones, cell phones, the internet, and television could all be impacted by a power outage and network congestion.

How Will You Receive Vital Information?

NIXLE Emergency Text & Email

Residents can receive information ranging from advisories to critical alerts on their phones and computers. Normal text message fees charged by your phone service may apply. Use this QR Code to sign up for Nixle.



Other ways to sign up for NIXLE

- Visit bit.ly/jeffcoecoc, and click on the phone icon to subscribe to Nixle.
- Or from your cellphone text **JEFFCOEOC** to **888777**.

FM/AM Radio Stations

Emergency information will be broadcast on the following local radio stations:

- KPTZ FM 91.9
- KROH FM 91.1
- KIRO FM 97.3 - primary Emergency Alert System (EAS)
- KIRO AM 770; KIRO FM 97.3

NOAA Alert Radio

A NOAA alert radio with Specific Area Message Encoding (S.A.M.E.) messaging is a great way to stay informed about severe hazards that affect the region. Receivers are silent until needed and can be configured to alert you to Watches, Advisories and Warnings for your local area. Use FIPS code 53031 to configure your unit to alert you to conditions affecting Jefferson County.

HOW WILL YOU COMMUNICATE YOUR FAMILY OR NEIGHBORHOOD'S NEEDS?

Having a plan to communicate with neighbors and the outside world can be life-saving.

Telephone Service

Know what type of landline telephone service you have. Some telephone services that rely on the internet will not work without electric power. Understand whether you have this newer type of service, such as Voice over IP (VoIP), which is connected through the internet. Or you may have more traditional telephone service, which is connected through copper telephone lines. Ask your service provider if you are unsure.

Keep an landline phone to use in an emergency.

Remember that most cordless home phones rely on electric power to operate.

Wait 10 seconds before redialing a call that did not connect. Redialing a wireless call multiple times in quick succession can increase network congestion, further limiting the ability of all users to place calls. If you must make a call, space out your call attempts.

Cell Phone Texting

Immediately following a disaster, phone service can become overloaded. Texting instead of calling is advised as messages can often be transmitted when calls cannot.

Walkie-talkies or Family Radio Service (FRS)

Consider walkie-talkies or FRS two-way radios for your neighborhood to communicate with the outside world. Inexpensive and useful for many other activities, these radios are helpful for communicating within neighborhoods.

Amateur "HAM" Radio

A powerful hand-held HAM radio can reach persons or fire stations all over the county with existing well-placed antennas on hills and mountains.

Individuals interested in becoming HAM operators should contact Jefferson County Emergency Management to learn more about classes to obtain an operator license.

TIP

In a large-scale emergency, limit texting to emergency needs only. Set a pre-arranged time, once a day, not on the hour, to text family or your Out-of-Area Contact.

GET CONNECTED

Out-Of-Area Contacts

After a disaster, local phone service will likely be disrupted due to a high volume of calls. Unless you have a life-threatening emergency, think before making a call. Leave the phone lines for the first responders.

As part of your disaster planning, select a friend or relative who lives at least 100 miles away as your family's out-of-area contact person. When separated from family, instruct all members of your household to contact that person to report in and check on the status of other family members.

Text messaging on your cell phone is more reliable than voice calling during disasters. Keep messages short.

Consider selecting one time per day (not on the hour) to send updates to your contact person. Turn your cell phone off between text messages to conserve power.

RESOURCES

Jefferson County Dept. of Emergency Management
360-385-9368
bit.ly/jeffcoeoc

East Jefferson Fire Rescue
Fire District 1
360-385-2626
www.ejfr.org

Quilcene Fire Rescue
Fire District 2
360-765-3333
www.qvfd.org

Brinnon Fire Department
Fire District 4
360-796-4450
www.brinnonfire.org

Discovery Bay Fire Dept.
Fire District 5
360-379-6839
www.dbvfd.org

American Red Cross
253-474-0300 Option 2

Local 20/20
360-379-1406
www.L2020.org

WA State Ferries Info
1-888-808-7977

Hood Canal Bridge Info
wsdot.com/travel/real-time/hoodcanalbridgestatus

Complete the Out-of-Area contact cards. Make copies and provide one to each family member to keep in their wallet, purse or pack.

Out-of-Area Contact

NAME: _____

PHONE NO.: () _____

CELL NO.: () _____

EMAIL: _____

Choose someone who lives at least 100 miles away as long-distance calls may still be possible after a disaster.

Out-of-Area Contact

NAME: _____

PHONE NO.: () _____

CELL NO.: () _____

EMAIL: _____

Choose someone who lives at least 100 miles away as long-distance calls may still be possible after a disaster.

PUD: Call 360-385-5800 to report power outages. DO NOT call 911 about power outages.

9-1-1: Call only to report life-threatening situations requiring police, medical or fire response.

Hospital: Jefferson Healthcare
834 Sheridan
Port Townsend
360-385-2200
www.jeffersonhealthcare.org

Jefferson Co. Public Health
360-385-9400
www.jeffersoncountypublichealth.org

Federal Emergency Management Agency (FEMA)
www.fema.gov

IMPORTANT DOCUMENTS

Secure Your Documents & Important Papers

After a disaster, you may need to evacuate your home. Have your vital records and important documents secured before a disaster.

At the recovery stage of any disaster, you will need to provide documents such as insurance policies, deeds and tax returns—just to name a few.

Store copies of essential documents in a waterproof/fireproof container in your home and also choose a secondary location for copies of your important papers. Consider storing copies electronically.

Flash drives/memory sticks, or the cloud are reasonable means of storage. Use more than one method for securing and storing documents.

Store copies of these in more than one place:

- Two forms of picture ID
- Social Security Cards
- Military/DOD cards; keep original copies if on active duty
- Citizenship papers
- Deed or proof of home ownership
- Address/phone number book
- File of Life for medical records
- Immunization records for all family members, including pets
- Certified birth certificates
- Professional licenses
- School records and transcripts
- Recent photos of family members
- Power of Attorney documents
- Power over health care documents
- Living Will
- Flash drive or camera compact disk with photos of your house— inside and out

ORIGINAL documents to keep in a secure (fire & water proof) place:

- Adoption/custody papers
- Diplomas
- Wills & Death certificates
- Marriage license
- ANY legal documents (divorce decrees, power of attorney, organ donor card)
- Property deeds
- Insurance policies & papers for home, auto, life
- Bank statements
- Photo copies of all credit cards
- Passports
- Stock, bond, securities certificates
- Copyrights and patents
- Vehicle titles (car, boat, RV)
- Social Security benefit applications
- Supplemental insurance forms
- Legal settlement documents
- Physicians Orders for Life-Sustaining Treatment (POLST) Forms

TIP

In a long-term power outage or disaster, ATMs and other access to your bank account may be limited.

Credit cards may not be accepted due to inability to process transactions. Have some cash in both your home and car emergency kits for gas, food and important supplies.

TIP



Keep your prescription medications filled and store at least a seven day supply in your Grab & Go Kit. Rotate medications regularly to keep them fresh.

PERSONALIZE YOUR FAMILY'S KITS TO MEET THEIR SPECIFIC NEEDS.



Store photos of:

- Your home—inside & out
- Your possessions (furniture, jewelry & artwork)
- Vehicles, boat, RV, Motorcycle
- Family
- Pets

Store photo images and/or videos on a flash drive or camera storage card. Keep with important papers.

BASIC FIRST AID & DISASTER KITS

A First Aid Kit, a manual and basic training is essential. See the lists below to prepare one of your own or purchase a prepackaged one. Pay close attention to the ingredients.

Learn CPR!

The importance of getting actual hands-on CPR training cannot be overstated.

For Adults: With the heel of your hand at a point at the center of the breastbone, push down hard and fast in the center of the chest—about 100 compressions per minute. Continue until professional help arrives or until the person's heart has restarted. Get others to help you if you can. It's hard work.

For infants and children: compressions are made with just a couple of fingers at the repeated rate of 30 compressions and 2 breaths.

Medications

Prepare a list of your medical conditions, prescriptions, dosage, healthcare provider, insurance and pharmacy information. Keep this list in your Grab & Go Kit.



Ways to secure extra medicines before a disaster:

- Ask your Doctor for free samples.
- Request a yearly vacation refill from your pharmacist.
- Ask your doctor or pharmacy for 90 day refills rather than 30 days, which may increase the likelihood of having a 30 day supply on hand.
- Work the extra medicines into your schedule so none of them expire.

EMERGENCY PREPAREDNESS KITS

It is important to be prepared with a disaster kit and have it ready at a moment's notice. When building your kit consider all family members including your pets. Keep an additional kit in your vehicle.

PET EMERGENCY KIT:

Suggested Items:

- Appropriately sized kennel
- Collar, harness & leash with ID & license tags
- Medications & medical records
- Pet First Aid Kit
- Food, water bowl & can opener
- Favorite pet toy
- Plastic bags for pet waste
- Litter and litter box for cats
- Put the following information in a baggie and tape to the top of the kennel: pet's name, owner's name, phone number and address
- Veterinarian's name & phone number.
- Picture of you with your pet
- Consider getting your pet microchipped for identification purposes.

VEHICLE KIT:

Suggested Items:

- Flares & booster cables
- Tire inflation can
- Tow strap
- Flashlight & batteries
- Leather gloves
- Tool kit with knife
- Duct tape
- Small ABC fire extinguisher
- Emergency blanket
- Wool blanket and/or sleeping bag
- First Aid Kit
- Maps
- Water & non-perishable food
- Towel & moistened towelettes
- Container of sand or kitty litter for winter driving
- Toilet paper
- Folding shovel
- Folding camper's saw
- Poncho or rain coat
- Plastic tarp

FIRST AID KIT:

- First Aid Manual
- Sterile 4" adhesive bandages
- Sterile 4"x4" gauze pads
- 4" rolled gauze bandages
- Large triangular bandages
- Butterfly bandages
- Adhesive tape
- Scissors & tweezers
- Moistened towelettes
- Bar soap; Latex gloves
- Non-aspirin pain reliever
- Aspirin & antacid
- Anti-diarrhea medication
- Hydrogen peroxide
- Antibiotic ointment
- Sunscreen
- Safety pins, needle, thread
- Plastic bags
- Sanitary pads
- Instant cold packs
- Pocket knife
- Splinting materials

EVACUATION: WHEN YOU MUST LEAVE YOUR HOME

If a fire is threatening the area or if there is some other threat to public safety, Jefferson County residents will be advised of any potential hazards & the possible need to evacuate. Follow directions given by law, fire or the Department of Emergency Management. Plan ahead with an evacuation list, Grab & Go Kit(s), food for your kit.

Grab & Go Kits

A Grab & Go Kit can be any size that works for you and your family and can be stocked with a variety of things to meet each individual's needs. A backpack is a good choice for your car or office. An ice chest on wheels will hold adequate supplies to last you for up to 30 days—which is the recommended length of time for Olympic Peninsula residents to have back-up food, water and other supplies at the ready.

Store your kit in an easily accessible location, a closet near your front door or in your garage. Make a smaller kit for your car, office, boat or RV. Personalize your choices for your Go Kits to meet your family's dietary and medical needs and preferences. Have enough water for each family member—1 gallon per person per day for drinking, cooking and hygiene. Keep some cash on hand. If the power is out, ATMs will not function.

Food For Your Grab & Go Kit



Give serious consideration to your family's specific dietary needs. Do some research, try some of the options, ask your friends and neighbors about choices they have made and then personalize your choices to work for your family. MREs (Meals Ready to Eat) or Heater Meals are convenient choices for emergency food supplies and have longer expiration dates. Be aware. Many packaged meals are also low in fiber and very high in sodium content.

Canned foods, while good to have in your home pantry, make for a heavy load in a Grab & Go Kit. Consider having canned foods in your vehicle "GO" pack where weight matters less. Be sure to buy canned products with pop-tops and pay attention to the USE BY dates. Additional items to include in your Go Kit:

- Paper plates
- Plastic utensils (knife, fork, spoon)
- Paper towels
- Can opener
- Oven mitt
- Salt & pepper in plastic containers
- Serving utensils

SUGGESTED ITEMS FOR GRAB & GO KITS

FOOD:

- Meals Ready to Eat (MRE)
- Canned or dried meats
- Canned meals: soup, chili, and spaghetti
- Canned fruits & vegetables
- Granola Bars, trail mix
- Peanut Butter
- Beef jerky

TIP

When you change your clocks for daylight saving time:

- Check BEST USED BY dates on food containers
- Replace batteries in your smoke alarms

FIRST AID & PERSONAL ITEMS:

- First Aid Kit & manual
- Prescription medications with a copy of handwritten script from your doctor
- Insect repellent, sunscreen
- Hydrogen peroxide for wounds
- Latex gloves; N95 face masks
- Aspirin
- Personal hygiene items: soap, toothbrush, wash cloth, small hand towel, toilet paper, moistened towelettes
- Seasonally appropriate clothes
- Emergency blanket

TOOLS & OTHER SUPPLIES

- Flashlight, portable radio & extra batteries for both
- NOAA alert radio
- Cell phone & charger
- Garbage bags & duct tape
- Pocket knife, folding saw, folding shovel
- Tools to turn off utilities
- Tarp, leather gloves
- Nylon cord, rope or bungee cords
- Small ABC fire extinguisher
- Area map, compass
- Extra set of car & house keys

Dried foods are affordable, good choices. Unopened packages can be good for several years, but it's always a good idea to check the USE BY dates at least twice a year. Homemade meals are another choice for your Grab & Go Kit. Use dry ingredients that can be stored in a baggie. Include cooking instructions and the date you put the meal together. Check the shelf life of the different ingredients you are using by doing a little research online.

EATING OFF THE LAND: BE CAUTIOUS!

Before you dig that bucket of clams, make certain the waters of Puget Sound have not been affected by a Red Tide that can cause toxins to be released into the water and cause illness. Call Washington State's Shellfish Safety Hotline at **1-800-562-5632** or visit www.doh.wa.gov/ShellfishSafety.htm for updated information. When in doubt, don't eat them.

CHOOSING COOKWARE & UTENSILS

Have a generous supply of both regular & waterproof matches.

Include a manual can opener in your kit
Consider purchasing a Dutch Oven to Bake
breads, biscuits & pies; fix soups and stews
and use the lid as a frying pan

Season your Dutch Oven or cast iron pan before using:

Wash with warm soapy water. Dry thoroughly with a lint-free cloth or paper towel. Apply a thin layer of cooking oil to the surface of your cookware (inside and out, including the handles). Bake your cookware upside down at 450 degrees Fahrenheit in the oven for one hour.

TIP

Try to keep your vehicle gas tank at least half full. After a disaster, gas station pumps may not be working and fuel may be in high demand.



My Evacuation List

Use this list to remind yourself of the things you **must** take if you need to evacuate.

[illegible]

TIP



Always carry a current street map in case you need to find alternate routes to your destination.

EMERGENCY FOOD

What do the food labels mean?

SELL BY: Retailers need to sell or remove the product by this date.

USE BY: Consumers should probably eat the item by this date. If the date has passed, the product is often still safe, but the quality may be reduced.

BEST BY: The product's quality is guaranteed until this date.

HOW LONG WILL IT KEEP?

INDEFINITELY:

White rice

Dry beans

Honey

Most seasonings

Bottled Water

Sugar, Salt, Baking Soda, Dry Yeast

3-6 months:

Flour- 1 Yr. in fridge; up to 5 Yrs. in freezer

Oils - unopened bottle 1-3 years

Up to 6 Months:

Granola bars and Power bars, apples

12-14 Months:

Oats

1-1.5 years:

Powdered milk

1-2 years:

Beef jerky

Canned vegetables

1-2 years past 'best by' date:

Canned vegetables

Canned soups and chili

Dried pasta

2 years:

Peanut butter

Ghee (clarified butter); If in freezer, indefinitely

2-5 years:

Dark chocolate

3-5 years past 'best by' date:

Canned proteins: Tuna, Salmon, corned beef, turkey & SPAM

Up to 25 Years:

Freeze-dried fruits

Freeze-dried coffee

Multi-Vitamins: as printed on container

Nuts & Trail mixes: in vacuum-packed containers, as printed on container

TIPS

Buy items that meet your dietary needs. Keep a large supply of shelf-stable foods that you regularly eat and rotate your stock. Store dry goods in plastic or metal containers to protect from rodents or insects.

Pay attention to fiber and sodium contents of pre-packaged foods.

- If original boxed food packaging takes up too much room for your Grab & Go Kit place package contents in a zip lock bag, cut cooking instructions from the package and include them in the bag. Label the contents and write BEST USED BY date on the outside of the plastic bag.
- Home-canned foods will last up to a year on the shelf. Before using, remember to boil 10 minutes for high-acid foods and 20 minutes for low-acid foods as a precaution (even if you detect no signs of spoilage). After opening, your home canned foods will last around 3-4 days in the refrigerator.
- In an extended power outage, use perishable and refrigerated foods first, then move on to frozen foods. Finally, use canned and shelf-stable items.
- Frozen foods will stay frozen for up to 48 hours if you don't open the freezer. Post a list of contents on the freezer door to minimize opening the freezer. Foods defrosted in a cold environment (below 41 degrees F), can be cooked immediately and eaten.
- While serving, keep cold foods cold (below 41 degrees F) and hot foods hot (above 140 degrees F). Illness-causing bacteria grow best between 41 degrees F and 140 degrees F. Discard any perishable food that remains in this "danger zone" for more than 2 hours. Cool cooked food/leftovers quickly, then refrigerate.

NEIGHBORS *HELPING* NEIGHBORS



IN A DISASTER, YOUR NEIGHBORS ARE YOUR MOST IMMEDIATE SOURCE OF HELP

Local, state and federal disaster response for a major event in the Pacific Northwest will take time and will go first to the most damaged areas and where the need is the greatest.

Each of us bear the responsibility to be prepared for ourselves and our families and be ready to help others in need when and how we can.

Neighbors *HELPING* Neighbors is a program that can involve everyone in your neighborhood to become better prepared for the worst-case scenario. Neighbors can share contact information, skills, equipment and other needed resources. You can customize a plan to suit your neighborhood's specific needs.

If you don't have a disaster-prepared neighborhood where you live—

START ONE!

Additional organizations that could be of help to your neighborhood include:

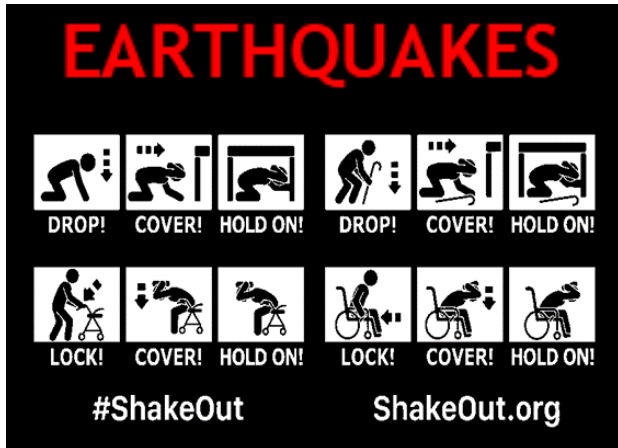
Community Emergency Response Team (CERT)

Volunteer Emergency Communications group (VECOM)

Medical Reserve Corps (MRC)

Jefferson County Department of Emergency Management (DEM) can connect you with experienced leaders who can guide you through the simple processes to organize your neighborhood. For materials and assistance, contact DEM by email at jcdem@co.jefferson.wa.us or email NPREP@L2020.org.

Disaster Specific Preparedness



Hazards most likely to occur in Jefferson County include (but are not limited to):

- Earthquakes
- Tsunamis
- Wildland Fires
- Landslides
- Winter Storms/Severe Weather/Windstorms
- Floods
- Health & Safety Issues

If you are indoors:

DROP to the ground, take **COVER** by getting under a sturdy table or other piece of furniture and **HOLD ON** until the shaking stops. If there isn't a table or desk near you, cover your face and head with your arms and crouch in an inside corner of the room you are in away from windows. Stay away from anything that could fall such as light fixtures or furniture.

Stay in bed if you are there when the earthquake strikes. Protect your head with a pillow. If you are under a light fixture, a window or anything else that could fall, move to the nearest safe place—under a desk or an inside corner of a room.

Stay inside until the shaking stops. Most injuries occur when people attempt to move to a different location in the building or try to leave.

Be aware that electricity may go out or sprinkler systems or fire alarms may turn on.

DO NOT use elevators even if they are working There may be aftershocks.

If you are outdoors—stay there

Move away from buildings, street lights, trees and utility wires. Stay put until the shaking stops. The greatest danger exists directly outside buildings, alongside exterior walls. Most earthquake-related casualties result from collapsing walls, flying glass and falling objects.

If you are in a moving vehicle:

Pull over to the side of the road and **stop when safe to do so**. When stopped, stay in the vehicle. Avoid stopping near buildings, under trees, overpasses and utility wires. Proceed cautiously once the earthquake has stopped. Be prepared for aftershocks. Check everyone for injuries. Contact your out-of-area contact. Listen to your radio. Stay away from downed power lines; avoid damaged roads, bridges, ramps. Check on neighbors. Keep pets inside until damage is assessed.

TSUNAMIS

A tsunami is a series of powerful waves created by an underwater disturbance such as an earthquake, landslide, volcanic eruption or meteorite.

Tsunamis can strike violently and with little warning. These waves can travel across entire oceans at over 500 mph. The west coast of the U.S., Alaska and Hawaii are at the at greatest risk for tsunamis.

Tsunami Alert Levels		
There are five alert levels and each of which has a distinct meaning. The alert levels are:		
ALERT LEVEL	THREAT	ACTION
WARNING	Flood wave possible	Full evacuation suggested
ADVISORY	Strong currents likely	Stay away from the shore
WATCH	Danger level not yet known	Stay alert for more information
INFORMATION STATEMENT	Minor waves at most	No action suggested
CANCELLATION	Tidal gauges show no wave activity	Confirm safety of local areas

How to Prepare for a Tsunami

- Know the height of your street above sea level and the distance of your street from the coast or other high-risk waters.
- Familiarize yourself with evacuation routes near your house, workplace and places you often spend time.
- Prepare a Grab & Go Kit for your home, automobile and work. (Page 13)
- Take a first aid course and learn survival skills. Knowledge is your greatest defense against disaster.

■ Signs of a Possible Tsunami

- Severe ground shaking from an earthquake
- Abnormal ocean activity—the sea recedes unnaturally from the shore—line exposing ocean floor and fish
- A wall of water and an approaching tsunami often creates a loud “roaring” sound similar to that of a train or jet aircraft.
- The All Hazards Alert Broadcast (AHAB) sirens are intended to warn individuals on or near beaches of a possible tsunami.
- A NOAA Alert Radio will provide alerts for those not close to the beach.
- If on the beach and the water recedes unnaturally, immediately walk or jog to high ground. DO NOT gather up possessions or try to get to a car.

During a Tsunami

- Follow evacuation order issued by authorities and evacuate immediately. Take your animals with you.
- Stay away from the beach. NEVER go to the beach to watch a tsunami come in. If you can see the wave, you are too close to escape it.



Type of Tsunami	Description	Area of Greatest Impact
Distant	A tsunami is created by a distant earthquake or landslide and travels across the ocean.	Pacific coastal communities
Cascadia Subduction Zone	Tsunami created by large earthquake off the Washington, Oregon, or British Columbia coasts	Pacific coastal communities
Local Earthquake	Tsunami created in large body of water from an earthquake on local faults	Communities close to the body of water
Landslide-caused Tsunami	Large landslide occurs underwater or slides from land into water	Depends on location of landslide

After a Tsunami

■ DO NOT go to beach until authorities have given an “All Clear”. The first wave is not always the biggest. Successive waves may be spaced minutes apart and continue to arrive for several hours.

■ Water sources may be contaminated with saltwater, microorganisms and chemicals that can adversely affect your health. Use bottled drinking water.

If You Are On a Ship or Boat

■ Do not return to port if you are in deep water and a tsunami warning has been issued for your area.

■ If your boat is docked, do not attempt to take your vessel offshore before or during a tsunami.

DEFINITIONS

Tsunami: The word tsunami is generally accepted by the international scientific community to describe a series of traveling waves produced by the displacement of the sea floor associated with submarine earthquakes, volcanic eruptions or landslides.

Seiche: A standing wave oscillating in a partially or fully enclosed body of water; may be initiated by long period seismic waves, wind and water waves, or a tsunami.

Inundation Area: An area that is flooded with water.

Liquefaction: A phenomenon whereby saturated or partially saturated soil substantially loses strength or stiffness in response to earthquake shaking causing it to behave like a liquid.

WILDLAND FIRES

Protect your home BEFORE a wildland fire by:

- Regularly removing moss and needles from the roof and gutters.
- Clearing vegetation and flammable materials from around propane tanks.
- Eliminating fuels to include firewood within 30' of any structure.
- Trimming branches of tall trees 10' off the ground to reduce fuels that could spread fire.
- Maintaining a defensible space around structures.
- Developing a reunification plan where family members can meet after leaving the house.
- Creating an evacuation plan. Learn the routes that will quickly take you out of danger.
- Making emergency plans for your pets and livestock.

LANDSLIDES

Landslides, sometimes called mudslides, can be triggered by heavy or prolonged rainfall, earthquakes, water-level change and human activity.

Washington is one of the most landslide-prone states in the country.

Landslides occur on unstable slopes or relatively flat areas prone to liquefaction during earthquakes. Most common during winter, landslides may occur any time of year.

Even if the landslide is not threatening your home, it may block the flow of supplies or emergency response to your home or community for an extended period. Be prepared with food, water and emergency supplies for 30 days.

Signs of an impending landslide

- Sudden decrease in creek water levels, especially during storms
- Sounds of cracking wood, knocking boulders, or groaning of surrounding ground or unusual sounds like the sound of an oncoming freight train.

EVACUATION LEVELS

LEVEL 1: Residents should be aware that danger exists & monitor local media for information. Prepare for evacuation if conditions worsen.

LEVEL 2: A significant danger is expected. Residents should voluntarily evacuate or be ready to leave at a moment's notice.

LEVEL 3: Conditions present a specific & immediate threat to life & safety. Residents receiving a Level 3 evacuation notice should evacuate immediately.

When Wildland Fire Threatens

- Monitor local media: KPTZ FM 91.9; KROH FM 91.1; KIRO AM 770; KIRO FM 97.3.
- Sign up to receive Nixle cell phone or email advisories. Visit www.jeffcoec.org (see back cover for instructions)
- Pre-load your car with your Grab & Go Kit.
- Move combustible patio furniture inside and move combustible inside furniture to the center of the room away from windows.
- Call or text your out-of-area-contact.
- Prepare a note to leave at your home with time you left and where you are going.

WHEN ORDERED TO EVACUATE: Follow law, fire or Dept. of Emergency Management instructions.

- A hillside that has increasing springs, seeps, or saturated ground, especially if it has been dry.
- The formation of cracks or tilting trees, especially evergreens, on a hillside.
- Bulging on streets, sidewalks or the ground in general.
- Sagging or taut utility lines; leaning telephone poles, fences, or trees.
- Broken or leaking underground or surface utilities.
- Changes in water well levels or well stops functioning.

If you notice signs of a landslide, leave the area immediately and report the problem to the Department of Emergency Management.

What To Do After a Landslide

- Stay away from the slide area. There may be danger of additional slides.
- Listen to local radio and television stations for the latest in emergency information.
- Watch for flooding which may occur after a landslide or debris flow.
- **Check for injured and trapped persons near the slide, without entering the direct slide area.**
- Help a neighbor who may require special assistance.
- Look for and report broken utility lines and damaged roadways and railways to appropriate authorities. Reporting potential hazards will get the utilities turned off as quickly as possible, preventing further hazard and injury.
- Replant damaged ground as soon as possible to reduce erosion.

Winter Storms/Windstorms/Severe Weather

Severe weather can immobilize an entire region with hazardous travel on roadways/seaways, shut down utilities and cause damage to property. Take action now and be prepared to weather the storm.

Before a Storm

Make a Family Communications Plan:

Your family may not be together when hazardous weather conditions strike. Know how to contact one another, how to reconnect and what to do in case of an emergency.

Stay aware of severe weather that may affect you:

- Monitor local weather reports and subscribe to Nixle alerts (See page 9)

Conduct a home safety evaluation:

Find out which nearby trees could fall in a windstorm. Have your chimney or flue inspected each year. Install a smoke detector and battery-operated carbon monoxide detector.

- Gather emergency supplies to support you and your family for 30 days. Always be prepared with a Grab & Go Kit in your vehicle. (See page 13-14)
- Store a supply of dry, seasoned wood for your fireplace or wood-burning stove in case you become isolated in your home and regular fuel sources are cut off.
- Consider obtaining a generator for emergency power supply. (See pages 7-8)
- Maintain at least a half tank of fuel in your vehicle. After a disaster, gas station pumps may not be working and fuel may be in high demand.

WARNING LEVELS

ADVISORIES: Severe weather is expected to cause significant inconveniences that may be hazardous.

WATCHES: The possibility of severe weather exists but the location and timing are still uncertain.

WARNINGS: Severe weather is imminent or occurring.

During Severe Weather

At home:

If you experience power loss: Report the outage to the utility company. **Do Not Call** 911 except to report a life-threatening situation requiring police, medical or fire response.

- Turn off lights, appliances and unplug sensitive electronics such as computers. Leave one light on so that you know when power returns.
- Use flashlights NOT candles.
- Never use gas stoves or charcoal for heat or operate a generator indoors.
- Move away from windows or objects that could fall. Go to lower floors in multi-story homes.

Away from home:

Essential travel only—Driving is very dangerous during & immediately after a storm. Make plans to stay off the road.

Downed power lines: **Do Not** drive over downed power lines. Assume lines are energized and stay as far away as possible. If a power line falls on your vehicle while you are in it, **Do Not Exit** until you know for sure that the line is de-energized.

Never drive, walk or ride through floodwater.

FLOODS

Basic Safety Tips

Turn Around, Don't Drown! Avoid walking or driving through flood waters. Just 6 inches of moving water can knock you down and one foot of moving water can sweep a vehicle away. If floodwaters rise around your car but the water is not moving, abandon the car and move to higher ground. Do not exit the car into moving water. Do not drive over bridges that are over fast-moving floodwaters. Floodwater can scour foundation material from around the footings and make the bridge unstable.

When Flood Threatens

If you are in the path of a slow-onset flood and there is time before you need to evacuate, consider these strategies:

- Monitor local media: KPTZ FM 91.9; KROH FM 91.1; KIRO AM 770; KIRO FM 97.3
- Sign up to receive NIXLE cell phone or email advisories. Visit bit.ly/jeffcoec (see back cover for instructions)
- Pre-load your car with emergency supplies, vital records, heirlooms, photos, cash and other valuables.
- Put sandbags around your property. Move items you want to protect to a higher floor.

HEALTH & SAFETY ISSUES

Disaster-related public health impacts could include—but are not limited to—contaminated water, food supplies or airborne exposure to infectious diseases.

- Jefferson County Public Health is involved in community-wide planning around potential emergency threats such as natural disasters, infectious disease, or bioterrorism. Public Health specialists include: nurses, physicians, epidemiologists, sanitarians, hydrologists, dieticians, fisheries biologist, and fiscal experts.

The Best Preparation is Prevention

- Preventing the spread of germs is key to remaining healthy. Use hand sanitizer or soap and warm water to keep your hands clean; cover your nose and mouth when sneezing or coughing.
- Practice first aid skills through training classes and maintain a first aid kit. (See page 13.) In most circumstances, when someone is hurt, a person on the scene provides the first assistance, before professional help arrives. Contact the Red Cross for basic training.
- Carbon monoxide (CO) is an odorless, colorless gas that can cause sudden illness and death if inhaled. When power outages occur during natural disasters, the improper use of alternative heating or cooking methods can cause CO to build up in a home, garage, or camper, poisoning the people and pets inside. Install a battery-operated CO detector in your home and check the battery every 6 months.

Stay at Home If You Are Sick

- Avoid spreading influenza and other viruses. Stay home so you don't infect friends and coworkers. Make your sickness known if in an evacuated group. Wear a properly fitted N95 mask.

After a Disaster:

Throw away perishable foods that haven't been refrigerated properly due to power outages or food that may have come in contact with flood or storm water.

If you experienced any flooding be aware that flood water may be contaminated with sewage, chemicals or pathogens that may make you sick.

Clean up, disinfect and practice good hygiene to avoid illness from bacteria, viruses, mold and mildew.

Use bleach to kill germs on affected surfaces. Add 1 cup of unscented bleach to 5 gallons of water. Scrub rough surfaces with a stiff brush. Open doors and windows to ventilate the room. Use fans to help dry the area and improve air flow. Never mix bleach with ammonia or other cleaners. This can produce toxic fumes.

Preparation Tips For People With Disabilities

- Create a support network by engaging family members, friends and neighbors so they are prepared to assist you.
- Discuss emergency plans with your home healthcare provider
- Keep emergency supplies in a bag or backpack attached to your wheelchair, walker or scooter.
- Have extra batteries available for any equipment you use that requires power. Have a manual wheelchair available to use and sturdy gloves for wheeling over glass and debris.
- If you take medications be sure to have what you need to make it on your own for up to 30 days. Keep a copy of your medical conditions, prescriptions, dosage and treatment information; and your healthcare provider and pharmacy information.

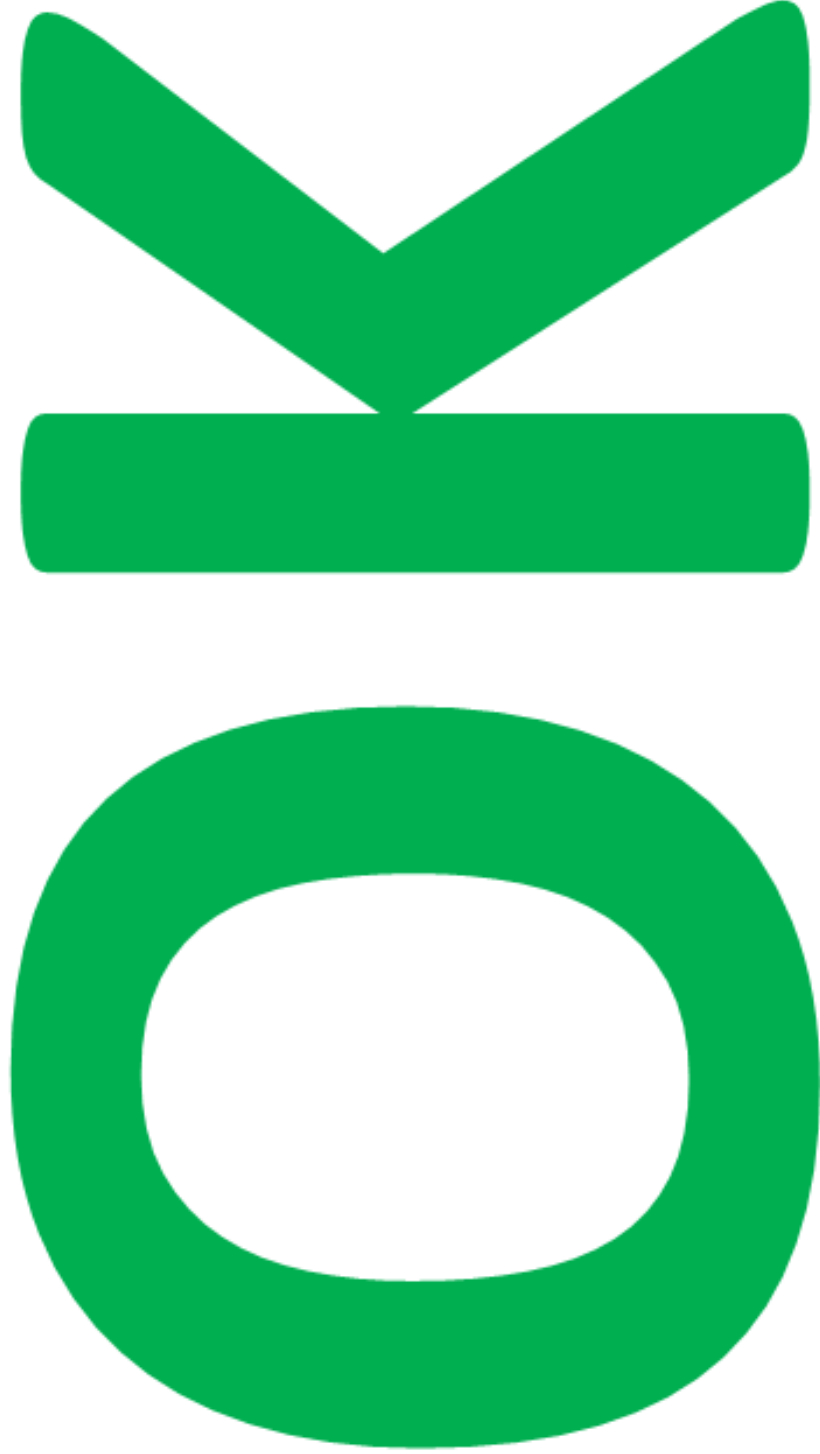
Visually Impaired

After a disaster, be aware there may be fallen objects that obstruct your path.

- If you use a white cane, keep extras in multiple locations
- Service animals may be confused or frightened. Have booties available to protect their feet from broken glass.
- Place an extra pair of glasses in your Grab & Go Kit.

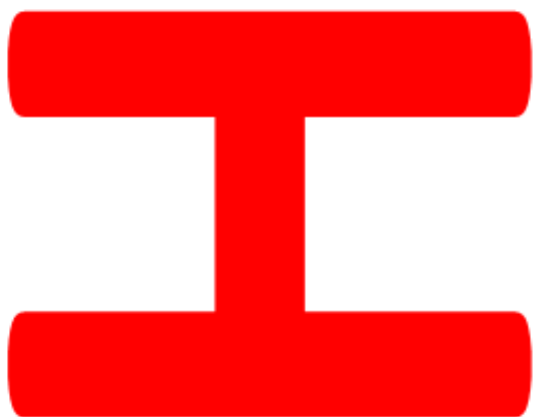
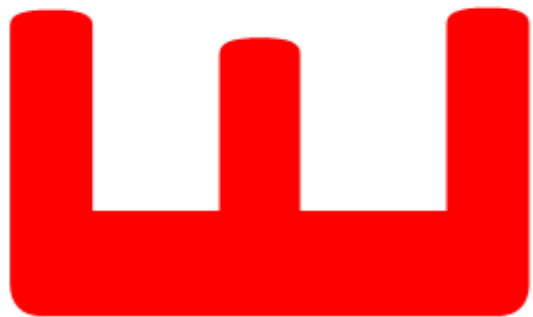
Hearing Impaired

- Have pre-printed message cards to communicate your needs:
"I USE SIGN LANGUAGE"
"I CAN'T HEAR YOU"
"Please get my extra hearing aid batteries. They are located _____"
• Keep your caption phone or other device available & fully charged.



BEFORE A DISASTER: Staple two band aids into this booklet. Optional: Also staple 24" red and green pieces of surveyor tape.

AFTER A DISASTER: Use band aids to affix this sign where it is most visible from the street—Garage door, front door or front window. If house is not visible from the street, use surveyor tape to mark address sign on the road.





Medical Information Form

Use Pencil and update as needed

Name: _____ Date of Birth: _____

Address: _____ City: _____ State: _____ Zip: _____

Blood Type: _____ Vision Impairments: ☐ Yes ☐ No

Current Health Conditions:

Current Medications (dosage & frequency):

Allergies to Medications:

Doctor's Name: _____ Phone No.: () _____

Insurance:

Company: _____ Policy No: _____

Group ID: _____

Do you have a DNR Directive? ☐ Yes ☐ No Where is it kept? _____

Emergency Contacts:

1. Name: _____ Relationship: _____

Phone: () _____ Address: _____

2. Name: _____ Relationship: _____

Phone: () _____ Address: _____

Additional Health Information for health care providers:

Tape completed form to your refrigerator door.

GET VITAL INFORMATION FAST!



**SIGN UP NOW FOR LOCAL
TEXT MESSAGE ALERTS**



Sign up to receive emergency alerts via text messages on your mobile phone and/or by email. These alerts, referred to as NIXLE® Alerts, are generated by the Jefferson County Department of Emergency Management and only pertain to the County and surrounding area.

The service is free and can be canceled at any time. (Normal text message fees charged by your phone service may apply.) Notifications may deal with weather-related incidents, accidents blocking roadways or other potential threats to public safety.

To sign up: Visit our website at bit.ly/jeffcoeoc and click on the phone icon or sign up from your cell phone by texting JEFFCODEM to 888777.



**Jefferson County Dept. of
Emergency Management**

Email:

JCDEM@co.jefferson.wa.us

Website: bit.ly/jeffcoeoc

360-385-9368